



"While you are away, we stay!"

## Preparing to go to the Vet!

After vaccinations and regular check ups, taking your dog to the vet for a major operation can be somewhat stressful if they are not ready for it. But what about before you even get to the clinic? How can you help keep your dog calm and stress-free by the time they arrive to be admitted?

## Car Sickness - A day out less stressful!

Here are some simple tips that can make it less stressful for both your dog and you and with a little bit of pre-planning your dog may even get to enjoy his little trips out in the car.

For the vast majority of dogs, car sickness is related to stress rather than the motion of your car. Some say that your dog's most powerful memory is of the car journey that took it away from all it ever knew to be safe and secure, namely its litter mates and mother. So from a very young age, car journeys are often associated with bad things.

Like humans though, dogs can also suffer from motion sickness. Motion sickness can be caused by a number of factors, but primarily it is by movement in the inner ear.



## What can I do to prevent or cure car sickness?

First and foremost, it is important your dog associates car journeys with positive and good things. To do this, you need to acclimatise them slowly. Start by reducing your dog's energy before conducting any practice sessions by sitting with your dog and calmly reassuring them, this will bring your dog to a calm state of mind in order that he can face the stresses that you are about to present.

- First, get your dog used to just being in the car, without it going anywhere. Everyday, sit with them in your air conditioned car for up to 30 minutes (building up slowly). Ensure they are comfortable and have a bed in which to rest during this period.
- Do this for a week and then start to do very short journey's (5-10 mins) with a really positive experience at the end of it - usually this would be a nice walk or a ball game in the garden or even an extra special chew treat.
- It's a good idea to have someone else in the car during these initial journeys. This person can sooth and distract your dog during the journey.
- At the end of the return journey, create just as much fuss and play a short game.
- Gradually build up the length of the journeys up to about 30 minutes. If your dog is sick during a journey, reduce the length of the journey such that it ends before they are sick. Build the journeys up again.
- When your dog is able to do 30 minute journeys without stress, anxiety or sickness, you are pretty much there.